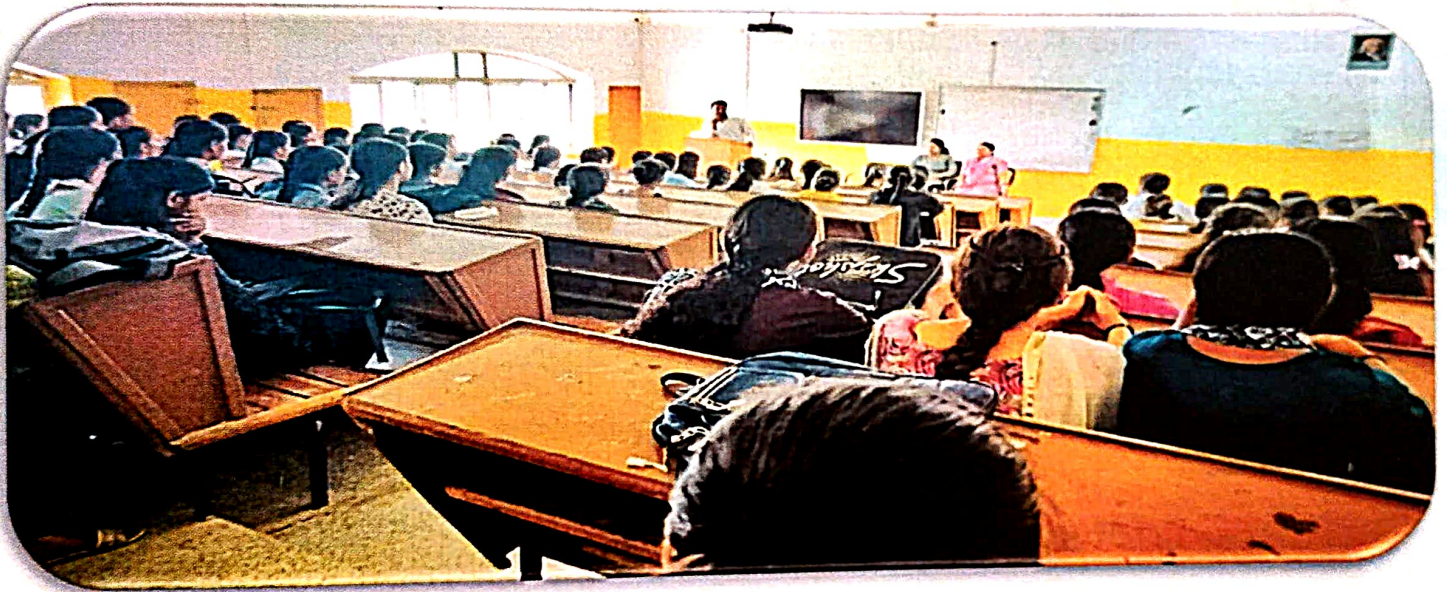


One Day Awareness Programme on Gender Equality

Event Details

19-09-2024

An awareness lecture on gender empowerment was organised by Professor Nikita Gupta of Economics Department at Atal Bihari Vajpayee Government College Bangana on 18th September 2024. The lecture was delivered by Mr. Sunil, a special invitee from Hamirpur district. He made the students aware of how society is adopting positive changes by adopting modern methods to maintain hygiene health. He also made the students aware of the need to use incinerators for proper waste disposal mechanism. Professor Mukesh of Self-Finance Department was also a speaker during the programme.



अनंत ज्ञान

न बताया कि लड़का मर्दा में मर्दा पर खरार करने का आस्पाव दिया है।

बंगाणा कॉलेज में लिंग सशक्तिकरण पर व्याख्यान

अनंत ज्ञान, बंगाणा। अटल बिहारी वाजपेयी राजकीय महाविद्यालय बंगाणा में अर्थशास्त्र विभाग की प्रो. निकिता गुप्ता द्वारा लिंग सशक्तिकरण पर एक जागरूकता व्याख्यान आयोजित किया गया था। व्याख्यान हमीरपुर जिले से विशेष आमंत्रित सदस्य सुनील द्वारा दिया गया। उन्होंने छात्रों को अवगत कराया कि कैसे समाज स्वच्छता स्वास्थ्य को बनाए रखने के लिए आधुनिक तरीकों को अपनाकर सकारात्मक बदलावों को अपना रहा है। उन्होंने छात्रों को उचित अपशिष्ट निपटारा तंत्र के लिए भस्मक का उपयोग करने की आवश्यकता के बारे में भी जागरूक किया। कार्यक्रम के दौरान स्व-वित्त विभाग के प्रोफेसर मुकुश भी वक्ता थे।

Seven-day self-defense training organized for girl students at Government College Bangana.

Event Details

30-09-2024

A seven-day self-defense training for women students organized by Gender Equity Initiative of Atal Bihari Vajpayee Government College Bangana in collaboration with Red Cross Society (Una) started. The program was chaired by coordinator and Ranger Chief Professor Nikita Gupta and Ms. Mukesh Kumari. He told that for this self-defense training, two master trainers are SI Suresh Pal and Kumari Neeraj Kumari from the police department. They will give demonstrations and main information related to self-defense to the girl students of the college for 7 days so that they can protect themselves in all the ups and downs of life. NSS Program Officer Professor Sikandar Negi was present in this inaugural ceremony. He motivated the students to participate actively during these seven days to learn important life skills



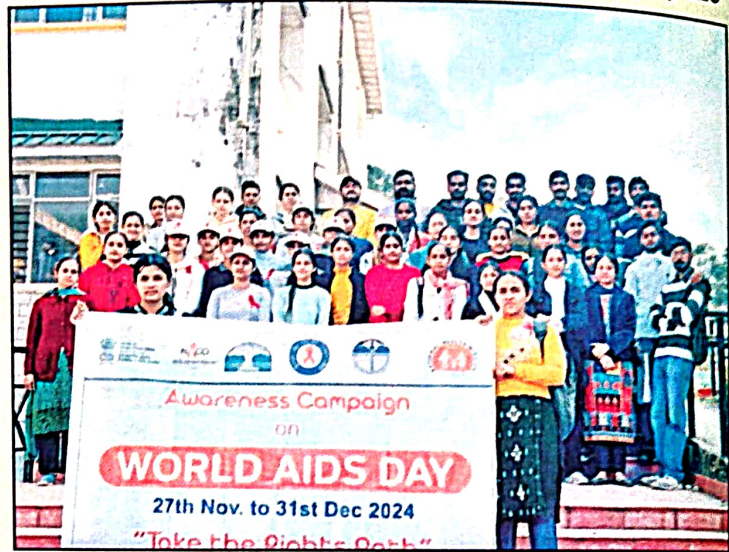
WORLD AIDS DAY WAS CELEBRATED

30 November 2024.

EVENT DETAILS

World AIDS Day was celebrated under the aegis of Red Ribbon Club, NSS Unit, NCC and Rover Ranger Unit at Atal Bihari Vajpayee

Kumari and the program officer of NSS, Professor Sikandar Negi. On this occasion, the



Government College, Bangana. The objective of this program was to raise awareness about AIDS

students of the college gave the message of AIDS awareness by making a Red Cross ribbon. After this, the students took out a huge rally, which passed through the college to Bangana



(HIV) and make people aware of the measures to prevent this deadly disease. The chief guest of the program was the acting principal of the college, Dr. Professor Rekha Sharma, while the program was presided over by the nodal officer of the Red Ribbon Club, Professor Kiran

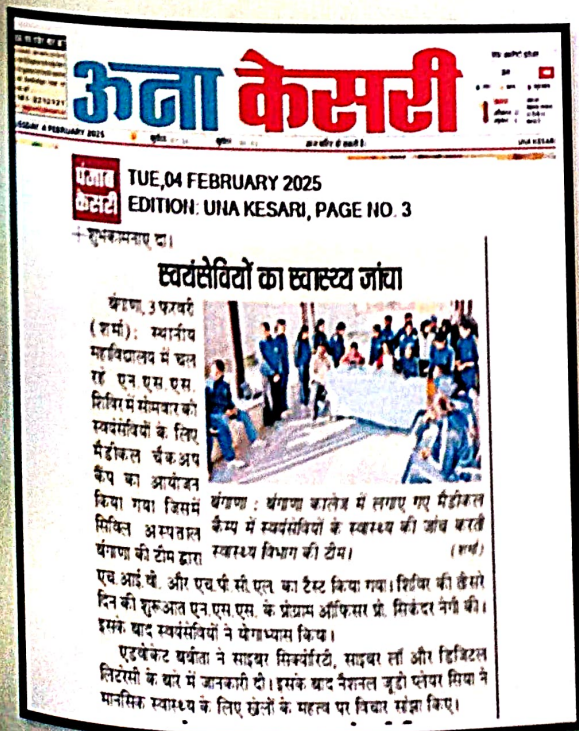
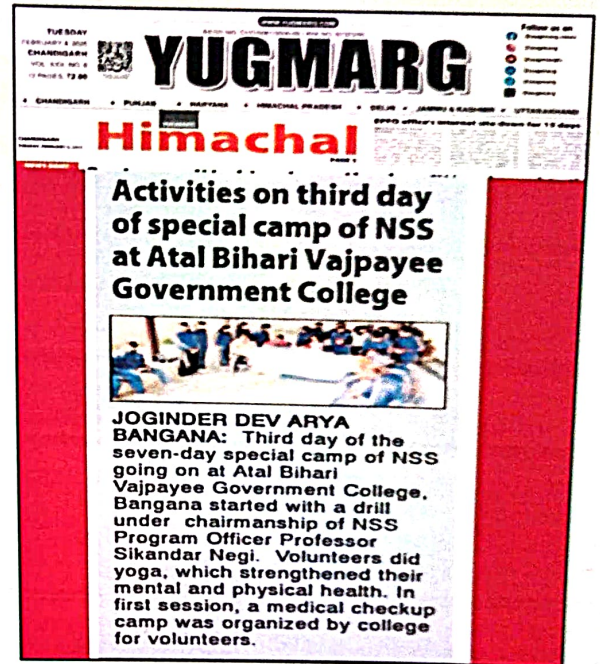
main market and told people about the measures to avoid AIDS. Ranger Head Professor Kamlesh, AIDS Control Society Counselor Rishi

THE THIRD DAY OF NSS SPECIAL CAMP

EVENT DETAILS

3 FEBRUARY 2025

The third day of the seven-day special camp of NSS going on at Atal Bihari Bajpai Government College, Bangana started with a drill under the chairmanship of NSS Program Officer Professor Sikandar Negi. After this, the volunteers did yoga, which strengthened their mental and physical health. In the first session, a medical checkup camp was organized by the college for the volunteers. In this, Laboratory Technician Sapna Sharma of Government Health Centre, Bangana conducted HIV and HPCL tests and gave important tips to the students to stay healthy. In the second session, two key resource persons benefited the volunteers with their knowledge. Advocate Babita gave detailed information about cyber security, cyber law and digital literacy, so that the students could understand the ways to stay safe in the digital world. After this, National Judo Player Siya shared her views on the importance of sports for mental health. At the end of the program, an interactive session was organized in which a discussion on digital literacy took place between the resource person and the students. NSS Principal Mr. Rahul Sharma, Vice Principal Shubham Sharma, NSS Captain Tikshan and members of the examination committee were also present on this occasion. This camp is proving to be an important step towards the physical, mental and digital development of the volunteers.



छात्रों को स्वस्थ रहने के लिए टिप्स

बंगाना कॉलेज में एनएसएस के विशेष शिविर में विभिन्न नविक्रियों का किया अवेजान



छात्रों को स्वस्थ रहने के लिए एक सक्रिय जीवन शैली को अपनाना चाहिए।

राजेश ठाकुर, बंगाना
अटल बिहारी वाजपेयी राजकीय महाविद्यालय बंगाना में चल रहे एनएसएस के सात दिवसीय विशेष शिविर के तीसरे दिन को मुख्य अतिथि के रूप में स्वागत किया गया। कार्यक्रम में बंगाना के प्राचार्य श्री राहुल शर्मा, उप प्राचार्य श्री शुभम शर्मा, एनएसएस प्रोग्राम ऑफिसर प्रो. सिकंदर नेगी, एडवोकेट बाबिता, नेशनल जूडो खिलाड़ी सिया, लैबोरेटरी टेक्निकियन सापना शर्मा, एनएसएस कैप्टन तिक्षन और अन्य सदस्य शामिल थे।
प्रोग्राम ऑफिसर ने छात्रों को स्वस्थ रहने के लिए टिप्स दिए। उन्होंने कहा कि छात्रों को नियमित रूप से व्यायाम करना चाहिए, जो उनके शारीरिक और मानसिक स्वास्थ्य को बेहतर बनाएगा। उन्होंने कहा कि छात्रों को अपने दिन में पर्याप्त नींद लेनी चाहिए और अपने आहार में स्वस्थ खाद्य पदार्थों का उपयोग करना चाहिए।
एनएसएस के छात्रों ने अपने स्वस्थ रहने के लिए एक प्रतिव्रत लिया। उन्होंने कहा कि वे अपने शारीरिक और मानसिक स्वास्थ्य को बेहतर बनाने के लिए एक सक्रिय जीवन शैली को अपनाने का फैसला कर चुके हैं।



अटल बिहारी वाजपेयी राजकीय महाविद्यालय, बंगाना में एनएसएस के सात दिवसीय विशेष शिविर के तीसरे दिन की गतिविधियां।
प्रथम न्यूज, बंगाना, 3 फरवरी (ज्योतिषा देव)
अटल बिहारी वाजपेयी राजकीय महाविद्यालय, बंगाना में चल रहे एनएसएस के सात दिवसीय विशेष शिविर के तीसरे दिन की गतिविधियां। कार्यक्रम में बंगाना के प्राचार्य श्री राहुल शर्मा, उप प्राचार्य श्री शुभम शर्मा, एनएसएस प्रोग्राम ऑफिसर प्रो. सिकंदर नेगी, एडवोकेट बाबिता, नेशनल जूडो खिलाड़ी सिया, लैबोरेटरी टेक्निकियन सापना शर्मा, एनएसएस कैप्टन तिक्षन और अन्य सदस्य शामिल थे।
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EVENT DETAILS

FIFTH DAY OF THE SEVEN-DAY SPECIAL CAMP OF NSS

5 FEBRUARY 2025

The topic of the fifth day of the seven-day special camp of NSS going on at Atal Bihari Vajpayee Government College, Bangana was women empowerment and road safety. The program started with a prayer meeting, followed by a yoga session by the volunteers. After this, all the group leaders presented their reports to NSS Program Officer Prof. Sikandar Negi. At the beginning of the session, group leader Sneha reported on the previous day's activities and discussed the idea for the day. The main activities of the day were organized in five sessions. In the first session, the chief guest and resource person, Advocate Srishti Chandra shared her views on the provisions in the Indian Penal Code for women safety, the impact of digital literacy on women rights. In the second session, fun games were organized on women

were organized. In the third session, the volunteers took out a grand rally to spread awareness on road safety. In the fourth session,



empowerment, in which competitions like chair race, three leg race, spoon race and tug of war



Smt. Indu Bala, member of Himachal Pradesh Women Commission, gave her speech on women empowerment and challenges faced by women in the 21st century. In the fifth session, solutions and ideas were presented among the volunteers on women empowerment and road safety in the context of the third world. NSS Captain Tikshan, NSS President Gaurav, Vice Principal Shubham Sharma, Secretary Examination and Committee members were also present on this occasion. This day proved to be very important for spreading awareness about women's rights, empowerment and road safety.

INTERNATIONAL WOMEN'S DAY CELEBRATION

EVENT DETAILS

8 MARCH 2025

International Women's Day was celebrated with great pomp by NSS, Rover Ranger and NCC unit in Atal Bihari Vajpayee Government College Bangana. The chief guest of the program was Vice Principal Professor Rekha Sharma and Guest of Honor was Professor Anu

Mankotia and Tanvi got third place. Vaidehi Sharma got first place in cultural competition and Neelam got second place. In single song, Neelam got the first place and Sakshi got the second place. In group dance, Palak and friends, Sania and Tanika got the first place and Kashish and friends, Meena and Radhika got the second place. The role of the jury was played by Professor Nand Lal, Professor Krishna Chand, Professor Arvind Ratna, Professor Nikita, Professor Kamlesh Mahajan and Professor Mukesh Kumari. On this occasion, the chief guest honored the winners by giving them prizes and in his address said that the theme of this year's Women's Day is Accelerate Action. This means that now the pace of work should be accelerated to promote w



Lakhanpal and Professor Kiran Kumari. The program was presided over by NSS Program Officer Professor Sikandar Negi and Ranger Chief Professor Nikita. The stage was conducted by Diwanshu Sharma. The chief guest inaugurated the program by lighting the lamp. On this special occasion, speech competition, poster making competition, poetry reading competition and cultural competition were organized. On this special occasion, speech competition, poster making competition, poetry reading competition and cultural competition were organized. Tanu Thakur got first place in speech competition, Diksha got second place and Kritika got third place. Sneh Suman got first place in poster making competition, Sania got second place and Anchal



omen's rights and create awareness. On this occasion, all the women employees of the college were honored for their contribution. He appreciated their important role in the upliftment of the college. All the teaching and non-teaching staff of the college were present in this program.

Padhao". Dr. Vinod

District Coordinator Mission Shakti, Ms. Rekha, Gender Specialist, Mr. Naveen Thakur, Financial Literacy Specialist, DHEW, Mr.

स्वस्थ जीवनशैली व महिला सशक्तीकरण की दी जानकारी

के प्रति प्रिय भी किन्तु :
कार्यक्रम में भाग्य प्रतिवेगिता,
कविता पाठन, पोस्टर सेईंग, एकल
नृत्य और समूह नृत्य, और फिटर
प्रतिवेगित नैसृति प्रतिवेगिता, भी
कलावंत गर्द। इन प्रतिवेगिताओं में
विजेता रहे अप्रतिवेगित भी मुहूर्तविनि
ने पुरस्कार देकर सम्मानित किन्तु
इस अवसर पर जिन सम्मान्यक
मित्रान शक्ति ईश चौधरी, निमि
विरोधरा, रेखा, धन्यु सम्मानता
विरोधरा होमग्रेण्डर नवीन ठाकुर,
एनएसएस प्रोग्राम ऑफिसर फौजसर
सिकंदर, एनसीसी ऑफिसर रा
विरोधर रहित अन्य मण्डलन छलिन
मौजूद रहित।

२०१ गालान कर तस्यला

Rohit Kumar, Account Assistant, NSS Program Officer of the college, Professor Sikander, NCC Officer Dr. Vinod Kumar, Rover Head Kamlesh Mahajan, Professor Ranjana, Professor Kamini, NSS Secretary Exam and other respected dignitaries were present. This event is an important step towards spreading awareness among students and bringing positive change in the society.

Rohit Kumar, Account Assistant, NSS Program Officer of the college, Professor Sikander, NCC Officer Dr. Vinod Kumar, Rover Head Kamlesh Mahajan, Professor Ranjana, Professor Kamini, NSS Secretary Exam and other respected dignitaries were present. This event is an important step towards spreading awareness among students and bringing positive change in the society.